

College mental health - Current issues and possible research directions in a cross-cultural context

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Mental health and wellbeing of university students has become an important public health concern all over the world. Experiencing mental health issues is associated with poor academic achievements and increased study drop-out rates. Considering these costly repercussions for both students and universities, addressing student mental health is an urgent research priority. Comparing different cultures can be interesting in this respect, as cultural value orientation (e.g. autonomy, hierarchy, mastery) can determine which influences are more prevalent. Our research aims to identify the risk factors that affect students' mental health. We would like to investigate this phenomenon among Hungarian and Korean university students using self-report questionnaires. Based on current meta-analyses, we want to investigate the predictor effects of next factors: 1. Demographic variables (e.g. age, gender, ethnicity, socioeconomic status), 2. Academic variables (e.g. field of study, achievements, workload), 3. Lifestyle-related variables (e.g. sleep quality, physical activity), 4. Social relationships (parent-child relationship, social support), in the dependent variables of 5. Psychological variables (e.g. perceived stress, and coping skills, anxiety, depression), and 6. Use of mental health services (e.g. help-seeking behavior, usage). This is an emerging research project, so the measurement tools are still being sought. In our research we want to compare Hungarian and Korean students along these variables. What are the similarities and differences between the two samples in terms of risk factors, current mental state and need for psychological support? Identifying a wide range of factors can help in development of effective interventions and preventative strategies in university mental health care services.

Are you currently an Early Career Researcher?

Yes, I am still a student or have not yet received my Ph.D.

Primary authors: ORBÁN, Rebeka (University of Pécs); POHÁRNOK, Melinda (University of Pécs, Institute of Psychology, Developmental and Clinical Psychology Department)

Presenter: ORBÁN, Rebeka (University of Pécs)

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